

UNPLUG: Disconnecting to Reconnect

Resource Cheet Sheet

Disconnect from the digital world. Reconnect with the real.



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This document contains additional resources to help you spend less time in the digital world. These resources are organized by chapters and provide you with more information that can help you on your journey to unplug from the digital world and reconnect with your life purpose today.

Chapter 1: the history and current state of our digital life

Articles

- 15 terrifying statistics about cell phone addiction:
<https://www.dailyinfographic.com/15-terrifying-statistics-about-cell-phone-addiction>
- Smartphone addiction:
<https://www.helpguide.org/articles/addictions/smartphone-addiction.htm>
- 37 smartphone addiction statistics for 2019:
<https://www.slicktext.com/blog/2019/10/smartphone-addiction-statistics/>
- Number of mobile phone & smartphone users:
<https://www.bankmycell.com/blog/how-many-phones-are-in-the-world>
- History of mobile phones and the first mobile phone:
<https://www.uswitch.com/mobiles/guides/history-of-mobile-phones/>
- W.H.O. says limited or no screen time for children under 5:
<https://www.nytimes.com/2019/04/24/health/screen-time-kids.html>

Chapter 2: The Digital Impact on Your Body

Articles

- Gender difference in mobile phone use and the impact of digital device exposure on neck posture:
<https://www.tandfonline.com/doi/abs/10.1080/00140139.2016.1147614>
- Digital eye strain: prevalence, measurement and amelioration:
https://bmjophth.bmj.com/content/3/1/e000146?Utm_source=trendmd&utm_medium=cpc&utm_campaign=allijs&utm_content=americas&utm_term=1-B#ref-10
- The effects of smart phone gaming duration on muscle activation and spinal posture: Pilot study:
<https://www.tandfonline.com/doi/abs/10.1080/09593985.2017.1328716>
- Evening screen time can sabotage sleep:
<https://www.sciencenewsforstudents.org/article/evening-screen-time-can-sabotage-sleep>
- Stretch to ease screen-time-related neck and shoulder pain:
<https://www.health.harvard.edu/healthbeat/stretch-to-ease-screen-time-related-neck-and-shoulder-pain>
- Is screen time affecting your eye health? :
<https://yoursightmatters.com/is-screen-time-affecting-your-eye-health/>
- The unexpected effects of all that screen time:
<https://www.rallyhealth.com/health/unexpected-effects-screen-time>
- Screen-time, obesity, ageing and disability: findings from 91 266 participants in the 45 and Up Study:
<https://www.cambridge.org/core/journals/public-health-nutrition/article/screentime-obesity-ageing-and-disability-findings-from-91-266-participants-in-the-45-and-up-study/30EC47B8939B7775722A1E46862BA48B>

Chapter 3: Learn to Sleep Again

Articles

- Put the phone away! 3 reasons why looking at it before bed is a bad habit: <https://health.clevelandclinic.org/put-the-phone-away-3-reasons-why-looking-at-it-before-bed-is-a-bad-habit/>
- Screen time and insomnia: what it means for teens: <https://www.sleepfoundation.org/articles/screen-time-and-insomnia-what-it-means-teens>
- Healthy sleep tips: <https://www.sleepfoundation.org/articles/healthy-sleep-tips>
- How to design the perfect bedtime routine: <https://www.sleep.org/articles/design-perfect-bedtime-routine/>
- Sleep tips: 6 steps to better sleep: <https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/sleep/art-20048379>

Websites:

- <https://www.sleepfoundation.org/>
- <https://www.sleep.org/>

Video

- Guided meditation before sleep: let go of the day: <https://www.youtube.com/watch?V=5itkfglcb5e>

Chapter 4: The Digital Impact on Your Mind

Articles

- Attention is changing in the digital age: <https://bold.expert/attention-is-changing-in-the-digital-age/>
- Dopamine, smartphones & you: a battle for your time: <http://sitn.hms.harvard.edu/flash/2018/dopamine-smartphones-battle-time/>
- Fear of missing out: https://en.wikipedia.org/wiki/Fear_of_missing_out
- Do you have “phantom vibration syndrome”? <https://www.webmd.com/a-to-z-guides/news/20160111/phones-phantom-vibration>
- Social media linked to increase in depression among teens, young adults: <https://www.healthline.com/health-news/social-media-linked-to-mental-health-disorders-in-igen-generation>

Videos

- Cell phones, dopamine, and development: barbara jennings at tedxabcq: <https://www.youtube.com/watch?v=kgzvnbfraq>

Chapter 5: How You Can Improve Your Attention and Awareness

Articles

- The lost art of concentration: being distracted in a digital world: <https://www.theguardian.com/lifeandstyle/2018/oct/14/the-lost-art-of-concentration-being-distracted-in-a-digital-worldok>
- 5 ways to become more self-aware: <https://hbr.org/2015/02/5-ways-to-become-more-self-aware>
- The distracted mind (how to increase your attention span): <https://medium.com/personal-growth/the-distracted-mind-how-to-increase-your-attention-span-15765212fae7>

Videos:

- Paying attention & mindfulness | sam chase | tedxnyu: <https://www.youtube.com/watch?v=knfkcm92owm>
- How the power of attention changes everything: jeff klein at tedxgrandrapids: https://www.youtube.com/watch?v=vfvd_jt9r-s

Chapter 6: How the Digital World Is Shaping Your Behavior

Articles

- The consumer buying behavior in the digital age: <https://www.business2community.com/infographics/the-consumer-buying-behavior-in-the-digital-age-infographic-02122377>
- Screen time stats 2019: here's how much you use your phone during the workday: <https://blog.rescuetime.com/screen-time-stats-2018/#:~:text=>
- How often do you look at your phone? : <https://www.dailymail.co.uk/sciencetech/article-2783677/how-you-look-phone-the-average-user-picks-device-1-500-times-day.html>

Website

- Develop good habits: A better life, one habit at a time: <https://www.developgoodhabits.com/>

Video

- Daniel goleman on focus: the secret to high performance and fulfilment: <https://www.youtube.com/watch?V=htfyv3ieoqm>

Chapter 7: Practice Emotional Awareness

Articles

- Conflict, friendships and technology: <https://www.pewresearch.org/internet/2015/08/06/chapter-5-conflict-friendships-and-technology/>
- Apa's survey finds constantly checking electronic devices linked to significant stress for most americans: <https://www.apa.org/news/press/releases/2017/02/checking-devices>

Videos

- Developing emotional intelligence: <https://www.youtube.com/watch?v=n9h8fg1dkha>
- Emotional self awareness: <https://www.youtube.com/watch?v=szgbeths8pa>

Chapter 8: Planned Solitude: Learning to Be Connected With Yourself

Articles

- 5 ways solitude can make you more successful, backed by science: <https://www.inc.com/amy-morin/5-ways-solitude-can-make-you-more-successful-backed-by-science.html>

Videos

- The gift of silence | nick seaver | tedxbeaconstreet: <https://www.youtube.com/watch?v=mpqro2agots>
- The art of alone: intentional solitude | niqolas ruud | tedxwallawallauniversity: <https://www.youtube.com/watch?v=bh4zvhvregg>

Chapter 9: Developing a Healthy Relationship and Other Practical Ideas

Articles

- 15 easy ways to disconnect from social media and the internet: <https://www.thegal-ivanter.com/blog/how-to-disconnect-break-internet-phones-productivity>
- Screen time guidelines by age: <https://www.eyepromise.com/blog/screen-time-chart/>
- Attached to your smartphone? How i overcame my addiction: <https://tinybuddha.com/blog/attached-to-smartphone-how-overcame-my-addiction/>
- Three steps to a healthy relationship with technology: <https://socialnomics.net/2017/10/23/three-steps-to-a-healthy-relationship-with-technology/>

Videos

- Train your brain: mindfulness meditation for anxiety, depression, add and ptsd | daniel goleman: <https://www.youtube.com/watch?v=nemudalmwj8>
- Deepak chopra's go-to 3-minute meditation to stay focused: <https://www.youtube.com/watch?v=4bs0qub3bhq>

Chapter 10: A 21-Day Plan to Disconnect for Good

Articles

- Screen time: uk vs us vs the rest of the world compared: <https://businessfibre.co.uk/screen-time/>
- How to be more self aware: 8 tips to boost self-awareness: <https://www.developgoodhabits.com/what-is-self-awareness/>
- 21 days of inspirations: <http://chopra.com/sites/default/files/21-days-of-inspirations-full.pdf>
- The right way to unplug when you're on vacation: <https://hbr.org/2014/07/the-right-way-to-unplug-when-youre-on-vacation>

Videos

- All it takes is 10 mindful minutes | andy puddicombe: <https://www.youtube.com/watch?v=qzr62jjcmbq>
- Daily calm | 10 minute mindfulness meditation | be present: <https://www.youtube.com/watch?v=ztoicychiou>